

Library Lane

February 2009

Volume 169

Monthly Newsletter



DIET ADVICE

By now, most of us have broken our New Year's resolution to exercise and lose weight, so here are some answers to frequently asked diet questions. **Q: I've heard that cardiovascular exercise can prolong life. Is this true?** A: Your heart is only good for so many beats, and that's it...don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer - that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap. **Q: Should I cut down on meat and eat more fruits and vegetables?** A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. **Q: Aren't fried foods bad for you?** A: YOU'RE NOT LISTENING!! Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you? **Q: How can I calculate my body/fat ratio?** Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc. **Q: What are some of the advantages of participating in a regular exerciser program?** A: Can't think of a single one, sorry. My philosophy is: No Pain...Good! **Q: Will sit-ups prevent me from getting a little soft around the middle?** A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach. **Q: Is chocolate bad for me?** A: Are you crazy? HELLO. Cocoa beans! Another vegetable!! It's one of the best feel-good foods around. **Q: Is swimming good for your figure?** A: If swimming is good for your figure, explain whales to me. **Q: Is getting in shape important for my lifestyle?** A: Hey! 'Round' is a shape!

I hope this has cleared up any misconceptions you may have had about food and diets. Remember - Life is NOT a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather a journey to skid into sideways - french fries in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming, "WOO HOO! What a Ride!"

LIBRARY BOARD MEMBERS

Doug Alder (Chairman)	628-8484
Jeffery McKenna	652-3693
Corinne Stout	635-2221
Paul Jordan	867-5627
Susan Hancock	628-3855
Gayle Rohde	878-2357
James Eardley (County Comm)	634-5700

POINTS TO PONDER

If you live to be a hundred, I want to live to be
a hundred minus one day, so I never have to
live without you. *Winnie the Pooh*

I'm an excellent housekeeper. Every time I get a
divorce, I keep the house. *Zsa Zsa Gabor*

Men marry thinking their wife will never
change. Women marry thinking they can
change their man.

BEST SELLERS (From the N. Y. Times Book Review) (Fiction)

- | |
|--|
| 1. Plum Spooky by Janet Evanovich The bounty hunter Stephanie Plum hunts an evil genius and his sidekick, who are hiding in New Jersey. |
| 2. The Host by Stephenie Meyer One woman won't surrender to the aliens who have taken control. |
| 3. Black Ops by W.E.B. Griggin An Army officer and special presidential agent is targeted for death - but by whom? |
| 4. Mounting Fears by Stuart Woods In the weeks before an election, a president must deal with crises ranging from loose nukes in Pakistan to the reappearance of a rogue CIA agent to a threatened sex scandal. |
| 5. The Story of Edgar Sawtelle by David Wroblewski A mute takes refuge with three dogs in the Wisconsin woods after his father's murder. |
| 6. Scarpetta by Patricia Cornwell The forensic pathologist Kay Scarpetta takes an assignment in New York City. |
| 7. Cross Country by James Patterson Alex Cross chases the leader of a lethal teenage gang. |
| 8. The Guernsey Literary & Potato Peel Pie Society by M. Shaffer & A. Barrows A journalist travels to the island of Guernsey to meet residents who resisted the Nazi occupation. |
| 9. Fire & Ice by Julie Garwood A reporter and her bodyguard uncover a conspiracy in Alaska. |
| 10. The Hour I First Believed by Wally Lamb A man reconstructs five generations of family history. |

ST. GEORGE MAIN BRANCH

Monday-Thursday 10:00 a.m. - 8:00 p.m.
Friday and Saturday 10:00 a.m. - 6:00 p.m.
Phone 634-5737 88 West 100 South
<http://library.washco.utah.gov>

HURRICANE BRANCH

Monday-Thursday 10:00 a.m. - 7:00 p.m.
Friday & Saturday 10:00 a.m. - 6:00 p.m.
36 S. 300 W. Phone 635-4621

For Those Who Enjoy Language (Or Severe Distortions Thereof)

Those who jump off a bridge in Paris are in Seine.
A man's home is his castle, in a manor of speaking.
Practice safe eating - always use condiments.
Shotgun wedding: A case of wife or death.
A hangover is the wrath of grapes.
Does the name Pavlov ring a bell?
Reading while sunbathing makes you well red.
When two egotists meet, it's an I for an I.
A bicycle can't stand on its own because it is two tired.
What's the definition of a will? (It's a dead give away.)
Time flies like an arrow. Fruit flies like a banana.
A chicken crossing the road is poultry in motion.
If you don't pay your exorcist, you get repossessed.
With her marriage, she got a new name and a dress.
When a clock is hungry, it goes back four seconds.
You feel stuck with your debt if you can't budge it.
Every calendar's days are numbered.
A lot of money is tainted - It taint yours and it taint mine.
A boiled egg in the morning is hard to beat.
Once you see one shopping center, you've seen a mall.
Bakers trade bread recipes on a knead-to-know basis.
Santa's helpers are subordinate clauses.
Acupuncture is a jab well done.

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There is no Frigate like a book  
To take us Lands away  
Nor any Coursers like a Page  
Of prancing Poetry.  
This Traverse may the poorest take  
Without oppress of Toll -  
How frugal is the Chariot  
That bears the Human soul.

*Emily Dickinson*

## BEST SELLERS (From the New York Times Book Review) (Non-Fiction)

- |                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------|
| 1. <b>Outliers</b> by Malcolm Gladwell Why some people succeed - it has to do with luck and opportunity.                                      |
| 2. <b>Guilty</b> by Ann Coulter The columnist argues that liberals victimize everyone else by pretending to be victims themselves.            |
| 3. <b>Dewey</b> by Vicki Myron The kitten left freezing in the returned-book slot of an Iowa public library and his rise to fame.             |
| 4. <b>Too Fat To Fish</b> by Artie Lange Humorous memories from the comedian, a member of the cast of the "Howard Stern Show."                |
| 5. <b>American Lion</b> by Jon Meacham Andrew Jackson, the 7 <sup>th</sup> president, in the White House, by the editor of Newsweek.          |
| 6. <b>Why We Suck</b> by Denis Leary Sardonic essays from the actor and comedian, currently the star of the TV series "Rescue Me."            |
| 7. <b>The American Journey of Barack Obama</b> by the editors of Life magazine-photographs and essays, starting with Obama's birth in Hawaii. |
| 8. <b>A Bold Fresh Piece of Humanity</b> by Bill O'Reilly The Fox News commentator on his upbringing and career.                              |
| 9. <b>Hot, Flat, and Crowded</b> by Thomas Friedman How a green revolution can renew America, by the New York Times columnist.                |
| 10. <b>The Ascent of Money</b> by Niall Ferguson A financial history of the world.                                                            |

## ENTERPRISE BRANCH

Monday 10:00-6:00 Tuesday 10:00-7:00  
Wednesday & Thursday 10:00-7:00  
Friday 10:00-6:00 Saturday 10:00-3:00  
393 South 200 East (435) 878-2574

## SPRINGDALE BRANCH

Mon, Wed, Fri 10:00 - 6:00  
Tue, Thurs 10 - 8; Sat 10:00 - 5:00  
126 Lion Boulevard (P.O. Box 479)  
(435) 772-3676

## SANTA CLARA BRANCH

Monday - Thursday 10:00 - 7:00  
Friday and Saturday 10:00-6:00  
1099 North Lava Flow Drive  
(435) 986-0432

## NEW HARMONY BRANCH

Mon & Tues 10:00 - 6:00  
Weds & Thurs 12:00 noon - 7:00  
Fri - Closed; Saturday 10:00 - 3:00  
34 S 2900 E (435) 867-0065

A professor is someone who talks  
in someone else's sleep. W. H. Auden

→ All Library Sponsored Programs are FREE! ←

St. George Activities for February  
~ **St. George Story Times** ~

**Children's Story Time** (for ages 12 and under)

Monday 10:00 & 11:00 a.m. with Steve Campbell

Tuesday 10:00 a.m.

Wednesday 10:00 a.m., 11:00 a.m., & 2:00 p.m.

Wednesday 4:00 Reading Rocks

**Toddler Story Time**

Thursday 10:00 & 11:00 a.m. & 2:00 p.m.

**Open Story Time**

Tuesday 11:00 a.m. (All ages)

**Feb 16- Library CLOSED for President's Day**

**Feb 28 - Anime Fannatiku** 11 a.m. - 3 p.m.  
Community Room A

**Feb 23- Monday Night @ the Library** 6:30 pm  
Community Room A  
Subject To Be Announced

*Hurricane Activities for February*

~ **Hurricane Story Times** ~

Tuesday 10:30 a.m.

Wednesday 10:30 a.m.

Thursday 10:30 a.m.

Friday 10:30 a.m.

**Feb 7 - Anime Fannatiku**

11 a.m. - 3 p.m.

Hurricane Library Assembly Room

**Feb 16 - Library CLOSED for  
President's Day**

**Feb 19 - Teen Book Club**  
3:30 - 5:30 p.m.  
"Keturah and Lord Death"

EXPERIENCE IS A WONDERFUL THING...IT  
ENABLES YOU TO RECOGNIZE A MISTAKE  
WHEN YOU MAKE IT AGAIN.

"There is nothing more wonderful  
than a book. It may be a message to  
us from the dead: from human souls we  
never saw who lived perhaps thousands  
of miles away. And yet these little  
sheets of paper speak to us, arouse us,  
teach us, open our hearts, and in turn  
open their hearts to us like brothers.  
Without books, history is silent, justice  
dormant, philosophy lame."

Charles Kingsley

When someone **LOVES** you, the way they say  
your name is different. You just know that your  
name is safe in their mouth. Billy - age 4

**LOVE** is what makes you smile when you're  
tired. Terri - age 6

**GARDEN RULE:** When weeding, the  
best way to make sure you are removing a  
weed and not a valuable plant is to pull  
on it. If it comes out of the ground  
easily, it is a valuable plant.



~ **Santa Clara Story Times, etc.** ~

**Children's Story Time** (for ages 12 and under)

Wednesday 11:00 a.m.

Friday 11:00 a.m.

Check our web site <http://library.washco.utah.gov>  
for up-to-date information on story times and  
activities. (NOTE: Click on *Santa Clara* under  
Branches, then click on Children's Area, or  
Young Adults.)

Sunday

Monday

Tuesday

Wednesday

Friday

Saturday

# February 2009



1

2

Story time 10 & 11 am  
With Steve Campbell  
(St. George)

3

Story time 10:00 a.m.  
Open Story time 11 am  
(St. George)  
Story time 10:30 am  
(New Harmony)  
Story time 10:30 am  
(Hurricane)

4

Story time  
10 & 11 am and 2 p.m.  
(St. George)  
Story time 11am  
(Santa Clara)  
Story time 10 (Enterprise)  
Story time 10:30-Hurricane

5

Toddler Story time  
10:00, 11:00, & 2:00  
(St. George)  
Story time 10:30 am  
(Hurricane)

6

Story time 11 a.m.  
(Santa Clara Branch)  
Story time 10:30 am  
(Hurricane)

7

**Anime Fannatiku**  
11 am. - 3 p.m.  
Hurricane

8

9

Story time 10 & 11 am  
With Steve Campbell  
(St. George)

10

Story time 10:00 a.m.  
Open Story time 11 am  
(St. George)  
Story time 10:30 am  
(New Harmony)  
Story time 10:30 am  
(Hurricane)

11

Story time  
10 & 11 am and 2 p.m.  
(St. George)  
Story time 11am  
(Santa Clara)  
Story time 10 (Enterprise)  
Story time 10:30-Hurricane

12

Toddler Story time  
10:00, 11:00, & 2:00  
(St. George)  
Story time 10:30 am  
(Hurricane)

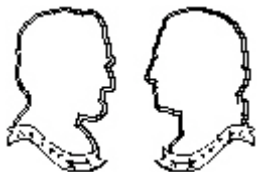
13

Story time 11 a.m.  
(Santa Clara Branch)  
Story time 10:30 am  
(Hurricane)

14



15



16

**Library  
Closed for  
President's  
Day**

17

Story time 10:00 a.m.  
Open Story time 11 am  
(St. George)  
Story time 10:30 am  
(New Harmony)  
Story time 10:30 am  
(Hurricane)

18

Story time  
10 & 11 am and 2 p.m.  
(St. George)  
Story time 11am  
(Santa Clara)  
Story time 10 (Enterprise)  
Story time 10:30-Hurricane

19

Toddler Story time  
10:00, 11:00, & 2:00  
(St. George)  
Story time 10:30 am  
(Hurricane)

20

Story time 11 a.m.  
(Santa Clara Branch)  
Story time 10:30 am  
(Hurricane)

21

22



23

Story time 10 & 11 am  
With Steve Campbell  
Monday Night @ the  
Library 6:30 p.m.  
(St. George)

24

Story time 10:00 a.m.  
Open Story time 11 am  
(St. George)  
Story time 10:30 am  
(New Harmony)  
Story time 10:30 am  
(Hurricane)

25

Story time  
10 & 11 am and 2 p.m.  
(St. George)  
Story time 11am  
(Santa Clara)  
Story time 10 (Enterprise)  
Story time 10:30-Hurricane

26

Toddler Story time  
10:00, 11:00, & 2:00  
(St. George)  
Story time 10:30 am  
(Hurricane)

27

Story time 11 a.m.  
(Santa Clara Branch)  
Story time 10:30 am  
(Hurricane)

28

**Anime Fannatiku**  
11 am. - 3 p.m.  
Comm. Room A  
St. George

